

News

Macomb County Senior Citizen Services

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P.A.T.H. program offers health tips

MOUNT CLEMENS, Mich. – Registrations are being accepted for the P.A.T.H. Program (Personal Action Toward Health), a six-week series of classes to address issues related to persistent pain or health problems.

The course is presented by the Arthritis Foundation in cooperation with Macomb County Senior Citizen Services Department.

Classes will be held at the VerKuilen Building, 21885 Dunham Road, Entrance C, Clinton Township. Six comprehensive workshops will be held Fridays on Apr. 8, 15, 29, May 6, 13, and 20. All workshops run from 9 a.m. to 11 a.m.

Topics will include: Dealing with depression, good nutritional habits, dealing with stress, strategies for decreasing pain, proper use of medications, how to talk to your doctor and family, and problem-solving techniques.

For more information or to register for this class, please call the Arthritis Foundation at 1-800-968-3030.

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